



2019 NW Zone Championship / South Davis Masters 13th Annual Meet

Sanctioned by Utah Masters Swimming for USMS • Sanction #

All information plus additional resources can be found on the event website:

SouthDavisMasters.com/2019NorthwestSCMzoneChamps

Hosted by: South Davis Masters Team and Utah Masters

MEET DIRECTOR: Blair Bagley, blair@southdavismasters.com, 801-376-3389

Entry Deadline: Online registration is required and must be completed by 11:59 PM PDT on Wednesday, November 6, 2019. No paper entries or deck entries will be allowed.

Meet Entry Fee: \$50. **Includes event T-shirt and relay fees.** Online entries to be paid by credit card to "ClubAssistant.com Events."

Age groups: 18-24, 25-29, 30-34, etc. up to 100+. Relay age groups: 72-99, 100-119, 120-159, 160-199, etc.

Entry Limit: You may enter a maximum of 6 individual events with no more than 5 events per day, plus relays. Enter relays at the meet. For each relay event, relay teams may swim distances of 200m, 400m or 800m (800m for free relays only). Swimmers may swim the 800 free or 1500 free but not both.

Check-in Deadlines: The 400 IM, 800 free and 1500 free will be deck-seeded and positive check-in will be required. Check-in for this event and for the relays will close 30 minutes before these events are to be swum and will be announced at the meet. All events will be seeded SLOW TO FAST.

Breaks: There will be a short break after each set of relays as well as a short break after the conclusion of each session.

Awards: Zone ribbons will be awarded to 1st-6th Place.

Location:

South Davis Recreation Center, 550 N 200 W Bountiful, UT

COMPETITION POOL SET UP:

10-lane indoor 25-meter pool with bulkhead.

WARM UP/COOL DOWN:

4 lanes available for continuous warm up/cooldown (25 yards, north of bulkhead)

Warm Up in Competition Pool:

Friday, 2-2:45pm before Session 1

Saturday, 6-6:45am before Session 3

Saturday, 8-8:45am before Session 4

POOL LENGTH COMPLIANCE:

Since we are moving the bulkhead from a 25 yard pool to a 25 meter pool for this meet, we need to recertify the pool at the swim meet to be in compliance. we will measure the pool right before the meet and in between each session and at the end of the meet. These measurements will be submitted to USMS. However, we are required to issue the following statement:

(c) The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1)”

TIMING SYSTEM:

The primary timing system will be automatic timing (Colorado Timing System). Times may be submitted for USMS records and USMS Top 10 consideration.

ELIGIBILITY:

Currently registered USMS swimmers, 18 years and older. If you are not a member of USMS, you may follow the links in this online registration to become a member of USMS.

SCHEDULE:

Friday and Saturday, November 8-9, 2019

Friday, Nov 8: Warm-ups: 2:00 pm Meet starts: 3:00 pm

---BBQ Dinner with Entertainment will follow Friday evening sessions---

Saturday, Nov 9: Session 3 Warm-ups 6:00 am Session 3 starts: 7:00 am

Session 4 (General Session): Warm Ups: 8:00am,

Presentation and National Anthem 8:45am Meet Starts: 9:00am

Meet end anticipated for early afternoon

Zone Championships Short Course Meters Order of Events

Friday, November 8th		Saturday, November 9th	
Event		Event	
SESSION 1		SESSION 3	
1	800 Free	13	1500 Free (check-in required)
2	100 Back	Break	General Ceremony
3	50 Breast	SESSION 4	
4	200 Free	14	400 Free
5&6	200 Medley Relay (M/F)	15	50 Fly
		16	200 Back
SESSION 2		17	100 Free
Break		18	100 IM
7	200 IM	Break	
8	100 Breast	SESSION 5	
9	200 Fly	19	800 Free Relay (Mixed)
10	50 Free	20	100 Fly
Break		21	200 Breast
11	400 IM	22	50 Back
12	400 Free Relay (Mixed)	Break	
		23/24	200 Free Relay (M/F)
	\$50 flat rate per swimmer, no fee for relays		
	5 individual events per day max		

DIRECTIONS TO POOL:

Northbound I-15: Take exit 317. Head East (towards the mountains) on 400 South to 200 East Turn left onto 200 East and the Recreation Center will be on your right.

Southbound I-15: Take exit 317. Head south on 500 West. Turn left onto 400 South. Head about ½ mile to 200 East. Turn left onto 200 East and the Recreation Center will be on your right.

Accommodations:



Country Inn & Suites by Radisson

999 N 500 W, Bountiful, UT 84010 • (801) 292-8100

Group Rates will be available and listed on the event website.

Release of Liability

Northwest Zone SCM Champs and South Davis Masters 13th Annual Swim Meet

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for

any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall

be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

(rev July 2014)

_____ I agree to the above Release of Liability.

Signed _____

Date _____